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## Irish Vegetarian Cookery :Traditional & Modern

Patrick Cotter (Ed.)

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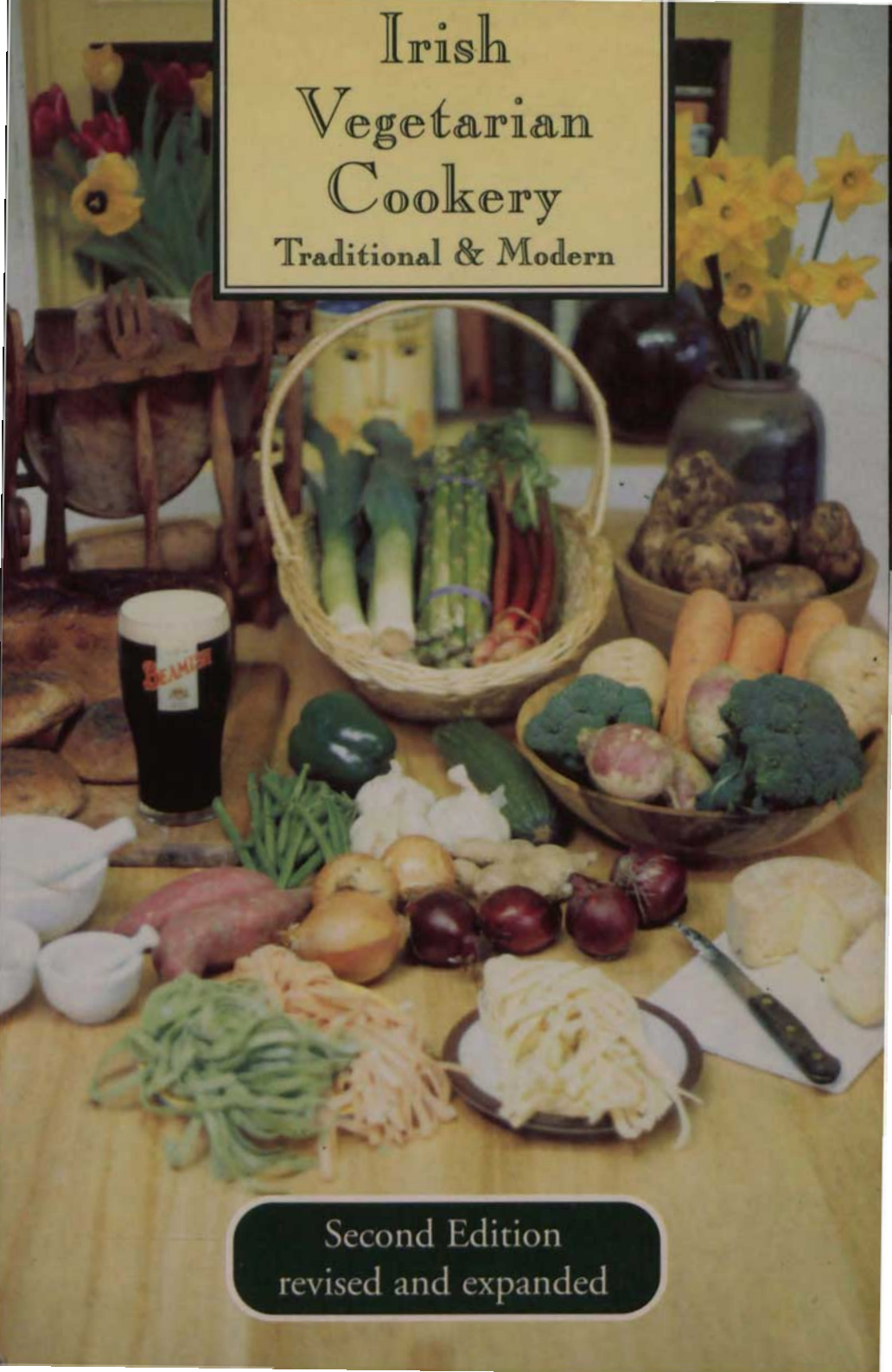
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# Irish Vegetarian Cookery

Traditional & Modern

Second Edition  
revised and expanded

**Irish  
Vegetarian Cookery**

*Vegetarian Cookery*

*Traditional & Modern*

*2nd Edition*

*editor: Patrick Cotter*

*Killeen*

Irish  
Vegetarian Cookery  
Traditional & Modern

2nd Edition

*editor:* Patrick Cotter

Killeen

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Mom, Dad  
and in memory of  
Colin Long 1969-1993

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## Preface

Welcome to the second edition of *Irish Vegetarian Cookery* combining the best of traditional meat-free recipes with innovative restaurant cuisine. The Irish have a reputation for being heavy meat-eaters but prior to this century meat was a rare thing on most people's plates. Dairy products, bread and fresh vegetables formed the core of the peasant's diet. The population of the country exploded in the last century with the aid of the potato, a highly nutritious food loaded with vital vitamins and fibre. The collapse of Ireland's population along with the potato crops only emphasises how important a lacto-vegetarian diet was to most Irish people. Milk and butter mixed with potatoes formed a diet which produced peasants healthier and more robust than the town-dwelling working-class who tended to survive on milk, butter and bread.

Thankfully the days when a vegetarian diet was a poverty-choice rather than a life-choice have passed for most people. Irish vegetarians are no longer restricted to potatoes, bread and milk: as this book amply illustrates, Ireland is in the middle of a culinary revolution. From the Aran Islands to Dublin, Cavan to Cork, Irish chefs are producing dishes of genius with whatever ingredients they can lay their hands on. So whether you are a vegan or a lacto-vegetarian or even an occasional carnivore like myself who loves good food there'll be plenty of things to interest you here. Try the recipes yourself at home but don't miss the chance to visit some of the brilliant restaurants in this book and taste the latest creations of Irish vegetarian cuisine — It's not just a load of potatoes!

For those who might be interested the Irish Vegetarian Society can be contacted at P.O. Box 3010, Dublin 4. Keep an eye out in the bookshops for two excellent guides: *The Bridgestone Vegetarian's Guide to Ireland* by John and Sally McKenna and *The Vegetarian and Vegan Guide to Ireland* (updated annually) from the East-Clare Co-Op Tel: 061-921641

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